

## Spotlight—Tomatoes

Shopping at a farmer's market is a great way to ensure you are receiving fresh, healthy and locally sourced produce. There are so many delicious fruits and vegetables that are grown throughout New Jersey including the famous Jersey Tomato!

### IN SEASON:

Most active from July 10th- September 15th

### NUTRITIONAL INFORMATION:

1 Medium Tomato: 25 Calories, 0g Fat, 5g Carbohydrate, 1g Protein

### STAR VITAMINS & MINERALS:

Vitamin C 40% DV, Vitamin A 20% DV, Potassium 10% DV (% DV= Percent of the recommended intake of a nutrient based on a 2,000-calorie diet for healthy adults).

### WHAT IS LYCOPENE?

A red pigment & powerful antioxidant found abundantly in tomatoes with the highest concentration found in the skin. Lycopene may reduce the risk of cardiovascular disease and cancer.

### HOW TO STORE:

Store at room temperature away from sunlight.

### FUN FACT:

An average American eats about 24 pounds of tomatoes a year!

### IDEAS FOR USES OF TOMATOES:

- Cook into homemade pasta sauce or soup
- Add to salads and sandwiches
- Stuff with tuna or chicken salad
- Make fresh salsa or juice

